Health and WaSH
Impact of the Demographics and Health scenario on disease burden

Jakkie Cilliers
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Another way of measuring the impact of the Demographics and Health scenario is to use disability-adjusted life years (DALYs), a standard metric for capturing a country or region’s disease burden. This metric offers a way of accounting for the difference between a current situation and an ideal situation, where everyone lives up to the life expectancy in Japan (the country with the longest life expectancy globally), free of disease and disability. Early death translates to years of life lost and sickness translates to years lost due to disability. One DALY therefore represents the loss of the equivalent of one year of full health.[1] For example, in 2019 Africa is estimated to have lost around:

- 337 million years of life as a result of its high communicable disease burden
- 215 million years as a result of non-communicable diseases, and
- 48 million years due to injuries.

In the Demographics and Health scenario, Africa gains 112 million DALYs in 2043 from a lower communicable disease burden, almost 19 million DALYs from a lower non-communicable disease burden (Chart 16) and almost 4 million DALYs from fewer injuries. In addition to the intrinsic value of healthy human life, this also means millions more productive years and contributions to the continent’s development.
Endnotes


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About the authors

Dr Jakkie Cilliers is the ISS's founder and former executive director of the ISS. He currently serves as chair of the ISS Board of Trustees and head of the African Futures and Innovation (AFI) programme at the Pretoria office of the ISS. His 2017 best-seller Fate of the Nation addresses South Africa's futures from political, economic and social perspectives. His three most recent books, Africa First! Igniting a Growth Revolution (March 2020), The Future of Africa: Challenges and Opportunities (April 2021), and Africa Tomorrow: Pathways to Prosperity (June 2022) take a rigorous look at the continent as a whole.

About African Futures & Innovation

Scenarios and forecasting can help Africa identify and respond to opportunities and threats. The work of the African Futures & Innovation (AFI) program at the Institute for Security Studies aims to understand and address a widening gap between indices of wellbeing in Africa and elsewhere in the world. The AFI helps stakeholders understand likely future developments. Research findings and their policy implications are widely disseminated, often in collaboration with in-country partners. Forecasting tools inspire debate and provide insights into possible trajectories that inform planning, prioritisation and effective resource allocation. Africa's future depends on today's choices and actions by governments and their non-governmental and international partners. The AFI provides empirical data that informs short- and medium-term decisions with long-term implications. The AFI enhances Africa's capacity to prepare for and respond to future challenges. The program is headed by Dr Jakkie Cilliers.